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**Amendment to the claims:** This listing of claims will replace all prior versions, and listings, of claims in the present patent application.

**Listing of claims:**

1. (cancelled)
2. (cancelled)
3. (cancelled)
4. (cancelled)
5. (cancelled)
6. (cancelled)
7. (cancelled)
8. (cancelled)
9. (currently amended) ~~A hockey helmet as defined in claim 8, wherein said~~ A hockey helmet for receiving a head of a wearer, the head having a crown region, left and right side regions, a back region and an occipital region, said helmet comprising:
  - (a) a front portion facing the crown region of the head;
  - (b) a rear portion facing the left and right side regions, the back region and the occipital region of the head;
  - (c) an occipital inner pad located between said rear portion of said helmet and the occipital region of the head; and
  - (d) an actuator comprises comprising a central member extending along a longitudinal axis of said helmet from an upper part that is hingedly connected to an inner surface of said rear portion of said helmet to a lower part that is attached

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to said occipital inner pad, said lower part of said central member being movable from a first position to a second position wherein, in said second position, said occipital inner pad applies pressure upon the occipital region of the head for urging said front portion towards the crown region of the head.

10. (previously presented) A hockey helmet as defined in claim 9, further comprising left and right sheet-like elements affixed to said inner surface of said rear portion of said helmet, and wherein said lower part of said central member comprises left and right passages positioned symmetrically about the longitudinal axis of said helmet and wherein said actuator comprises left and right straps passing through said left and right passages of said lower part respectively.
11. (previously presented) A hockey helmet as defined in claim 10, wherein each left and right sheet-like element comprises a passage, each of said left and right straps comprises first and second ends, each first end being received in each passage of said left and right elements, each second end being accessible to the wearer such that said lower part of said central member is movable from said first position to said second position when the wearer pulls each second end of said left and right straps.
12. (previously presented) A hockey helmet as defined in claim 11, wherein each second end of said left and right straps comprises a VELCRO hooks section or a VELCRO loops section.
13. (previously presented) A hockey helmet as defined in claim 12, wherein said front portion and said rear portions comprise respective front and rear shells, said front shell comprising an inner surface and said rear shell comprising outer and inner surfaces, said inner surface of said rear shell corresponding to said inner surface of said rear portion.
14. (previously presented) A hockey helmet as defined in claim 13, wherein said rear shell comprises left and right openings positioned symmetrically about the longitudinal axis of said helmet for receiving respective left and right straps such that each second end of said left and right straps is accessible to the wearer.

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15. (previously presented) A hockey helmet as defined in claim 14, wherein said outer surface of said rear shell comprises a strip affixed thereon between said left and right openings of said rear shell, said strip comprising a VELCRO loops section or a VELCRO hooks section.
16. (previously presented) A hockey helmet as defined in claim 15, wherein each end of said left and right straps overlaps said strip such that each end is affixable to said strip between first and second positions, wherein, in said second position, said occipital inner pad applies pressure upon the occipital region of the head for urging said front portion towards the crown region of the head.
17. (previously presented) A hockey helmet as defined in claim 16, wherein said upper part of said central member is affixed to said inner surface of said rear shell.
18. (previously presented) A hockey helmet as defined in claim 16, wherein said lower part of said central member is riveted to said occipital inner pad.
19. (previously presented) A hockey helmet as defined in claim 16, wherein said left and right sheet-like elements are affixed to said inner surface of said rear shell.
20. (previously presented) A hockey helmet as defined in claim 16, wherein said occipital inner pad is made of expanded polypropylene (EPP) or expanded polyethylene (EPE).
21. (previously presented) A hockey helmet as defined in claim 20, wherein said occipital inner pad further comprises an occipital comfort liner affixed to an inner surface of said occipital inner pad.
22. (previously presented) A hockey helmet as defined in claim 21, wherein said occipital comfort liner comprises left and right occipital comfort liners positioned symmetrically about the longitudinal axis of said helmet.
23. (previously presented) A hockey helmet as defined in claim 22, wherein said left and right occipital comfort liners are made of polyvinyl chloride (PVC).

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24. (previously presented) A hockey helmet as defined in claim 23, further comprising a front inner pad and a top inner pad affixed on said inner surface of said front shell.
25. (previously presented) A hockey helmet as defined in claim 24, further comprising a rear central inner pad and left and right side inner pads affixed on said inner surface of said rear shell.
26. (previously presented) A hockey helmet as defined in claim 25, further comprising a front comfort liner affixed on an inner surface of said front inner pad and a top comfort liner affixed on an inner surface of said top inner pad.
27. (previously presented) A hockey helmet as defined in claim 26, further comprising left and right side comfort liners affixed on an inner surface of respective said left and right inner pads.
28. (previously presented) A hockey helmet as defined in claim 27, wherein said front shell is movable relative to said rear shell for allowing size adjustment of said helmet.
29. (previously presented) A hockey helmet for receiving a head of a wearer, the head having a crown region, left and right side regions, a back region and an occipital region, said helmet comprising:
- (a) a front shell facing the crown region of the head;
  - (b) a rear shell facing the left and right side regions, the back region and the occipital region of the head, said rear shell comprising outer and inner surfaces and left and right openings positioned symmetrically about a longitudinal axis of said helmet;
  - (c) a rear inner pad facing the back and left and right side regions of the head, said rear inner pad being affixed to said inner surface of said rear shell;
  - (d) an occipital inner pad located between said rear shell and the occipital region of the head;

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- (e) a central member extending along the longitudinal axis of said helmet, said central member comprising an upper part that is hingedly connected to said inner surface of said rear shell and a lower part that is attached to said occipital inner pad, said lower part comprising left and right passages positioned symmetrically about the longitudinal axis of said helmet; and
- (f) left and right straps passing through said respective left and right passages of said lower part and said respective left and right openings of said rear shell, each strap comprising a first end and a second end, each first end being retained in said helmet, each second end being accessible to the wearer such that, when the wearer pulls each second end of said left and right straps, said lower part of said central member is movable from a first position to a second position wherein, in said second position, said occipital inner pad applies pressure upon the occipital region of the head for urging said front shell towards the crown region of the head.
30. (previously presented) A hockey helmet as defined in claim 29, further comprising left and right sheet-like elements affixed to said inner surface of said rear shell.
31. (previously presented) A hockey helmet as defined in claim 30, wherein each said left and right sheet-like elements comprises a passage for receiving said first end of said respective left and right straps.
32. (previously presented) A hockey helmet as defined in claim 31, wherein each second end of said left and right straps comprises a VELCRO hooks section or a VELCRO loops section.
33. (previously presented) A hockey helmet as defined in claim 32, wherein said outer surface of said rear shell comprises a strip affixed thereon between said left and right openings of said rear shell, said strip comprising a VELCRO loops section or a VELCRO hooks section.
34. (previously presented) A hockey helmet as defined in claim 33, wherein each end of said left and right straps overlaps said strip such that each end is affixable to said strip between first and second positions, wherein, in said second position, said occipital inner

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pad applies pressure upon the occipital region of the head for urging said front portion towards the crown region of the head.

35. (previously presented) A hockey helmet as defined in claim 34, wherein said lower part of said central member is riveted to said occipital inner pad.
36. (previously presented) A hockey helmet as defined in claim 34, wherein said occipital inner pad is made of expanded polypropylene (EPP) or expanded polyethylene (EPE).
37. (previously presented) A hockey helmet as defined in claim 33, wherein said occipital inner pad further comprises an occipital comfort liner affixed to an inner surface of said occipital inner pad.
38. (previously presented) A hockey helmet as defined in claim 37, wherein said occipital comfort liner comprises left and right occipital comfort liners positioned symmetrically about the longitudinal axis of said helmet.
39. (previously presented) A hockey helmet as defined in claim 38, wherein said left and right occipital comfort liners are made of polyvinyl chloride (PVC).
40. (previously presented) A hockey helmet as defined in claim 39, further comprising a front inner pad and a top inner pad affixed on said inner surface of said front shell.
41. (previously presented) A hockey helmet as defined in claim 40, further comprising a rear central inner pad and left and right side inner pads affixed on said inner surface of said rear shell.
42. (previously presented) A hockey helmet as defined in claim 41, further comprising a front comfort liner affixed on an inner surface of said front inner pad and a top comfort liner affixed on an inner surface of said top inner pad.
43. (previously presented) A hockey helmet as defined in claim 42, further comprising left and right side comfort liners affixed on an inner surface of respective said left and right inner pads.

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44. (previously presented) A hockey helmet as defined in claim 29, wherein said front shell is movable relative to said rear shell for allowing size adjustment of said helmet.
45. (cancelled)
46. (cancelled)
47. A hockey helmet for receiving a head of a wearer, the head having a crown region, left and right side regions, a back region and an occipital region, said helmet comprising:
- (a) a front shell facing the crown region of the head;
  - (b) a rear shell facing the left and right side regions, the back region and the occipital region of the head, said rear shell comprising outer and inner surfaces and left and right openings positioned symmetrically about a longitudinal axis of said helmet;
  - (c) a rear inner pad facing the back and left and right side regions of the head, said rear inner pad being affixed to said inner surface of said rear shell;
  - (d) an occipital inner pad located between said rear shell and the occipital region of the head;
  - (e) a central member extending along the longitudinal axis of said helmet, said central member comprising an upper part that is hingely connected to said inner surface of said rear shell and a lower part that is attached to said occipital inner pad, said lower part comprising left and right passages positioned symmetrically about the longitudinal axis of said helmet; and
  - (f) left and right straps passing through said respective left and right passages of said lower part and said respective left and right openings of said rear shell, each strap comprising a first end and a second end, each first end being retained in said helmet, each second end being accessible to the wearer such that, when the wearer pulls each second end of said left and right straps, said lower part of said central member is movable from a first position to a second position wherein, in said first position, said occipital inner pad applies a first pressure upon the occipital region

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of the head, and in said second position, said occipital inner pad applies a second pressure upon the occipital region of the head, the second pressure being greater than the first pressure.

48. (cancelled)

49. (new) A hockey helmet as defined in claim 9, wherein said actuator comprises a strap having a first end in said helmet and a second end accessible to the wearer, said strap cooperating with said central member such that said occipital inner pad moves to said second position when the wearer pulls said second end of said strap.